

# Family Matters

## From the Program Director...



We completed our residency selection season and have submitted and certified our residency rank list for the Class of 2014!

We accomplished our program goal of inviting, interviewing and ranking more candidates than last year. I am grateful for the efforts of the residents, residency staff, and faculty in helping to make selection season run so smoothly. Match Day is Thursday March 17<sup>th</sup> and I am hoping we have cause to celebrate. But no matter the outcome, I am so impressed with the feedback we have received from our candidates this year. Through

their post-interview emails and cards, many of the applicants, conveyed their appreciation to our program, for making them feel so welcomed. Many wrote that their interview at our program was unlike any other they had done on the interview trail. They were impressed with the wide range of opportunities offered here for residents. Most importantly, again and again, they commented on how warm and supportive the residents and faculty were. I am very proud that we have a caring and supportive environment in our program and that our applicants came away with a real sense of what our program is all about! Best, Colleen

### *Together We Thrive: Tucson and America; Dr. Carlos Gonzales gives memorable Native American blessing*

Dr. Carlos Gonzales, associate professor with the University of Arizona Department of Family and Community Medicine and faculty member of the UA Family Medicine Residency delivered a Native American blessing, opening the memorial service held at McKale Center for victims of the January 8, 2011 mass shooting in Tucson during a public meeting that U.S. Representative Gabrielle Giffords was holding with members of her constituency in a Safeway supermarket parking lot. The nationally telecast memorial service was attended by President Obama and First Lady Michelle Obama along with family of the victims, friends, and community members. Dr. Gonzales is of Mexican and Pascua Yaqui descent and was approached by the UA to open the ceremony with the traditional Native American blessing.



The UA Family Medicine Residency faculty and residents shared their thoughts on the blessing; “Thank you Carlos, for representing our discipline, our university, and community so very, very well to the rest of the country. You continue to exemplify the meaning of healer.” “Your blessing was very touching and your presence demonstrated the healing power of family physicians.” “Thank you Carlos for the uplifting blessing you bestowed on all of us. I was at McKale and want to let you know how much you inspired the crowd and how proud I am to know you.” and so many more.

### February 2011

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## Spotlight on Dr. Daniel Firth



I moved to Tucson from Gainesville Florida where I did my undergrad and medical school. I grew up and went to high school in Ocean City, Maryland

The initial adjustment to the climate was not as bad as I first thought it would be. Coming from the Florida summers where it is hot and humid to a place where it is just hot without the humidity was a pretty easy transition. I enjoy how for the most part I can do outdoor activities like biking or hiking year round in Tucson.

Favorite restaurants.....With the limitations on my free time during first year my food choices in Tucson revolve more around geography than quality. With that in mind my favorite two places are right across the street from me. Lovin Spoonfulls and Opa Greek Cafe.

Exercise helps a lot when I can get myself motivated. I still try to find time to play soccer and tennis occasionally. I also started doing CrossFit. Additionally I play poker occasionally. When I have more than a day or two off I often leave town to visit my girlfriend in Florida.

Advice to future first years: Intern year is similar to the first year of medical school in that it is a big adjustment going from being a student to being a doctor. It is neither as hard as some people make it out to be or as easy as you would like to be. You will work a lot, but there will be enough breaks and outpatient rotations to keep you from getting burned out.

Don't be afraid to ask questions or to question why things are being done. You work in a program where you are well supported by both faculty, staff, and other residents.

## Update on Alumni: Nicholas Gaffga

Nicholas "Niko" Gaffga, class of 2005, is currently working for the Centers for Disease Control and Prevention (CDC) as Country Director and Chief of Party for Angola. He will be there for two years with his wife, Adriana, and two children (Nicole, 9 years old, and Julian, 7 years old). They are living in Luanda, which recently surpassed Tokyo and London as the most expensive city in the world. His work with CDC in Angola is primarily devoted to HIV/AIDS prevention, but activities also involve prevention and control of malaria, influenza, cholera, polio, and outbreak response. Angola used to be polio-free, but in recent years wild-type polio has been circulating in much of the country, so Angola has become a focus country for polio eradication. Says Dr Gaffga, "There is never a dull moment here."

Legend for photo: Nicholas "Niko" Gaffga (second from right) visiting with staff of the Centro de Saude de Cassequ in southwestern Angola.



## Top Diagnosis seen at the FMC July 09 to June 10

1. Routine infant/child health check
2. Hypertension
3. Diabetes type 2
4. Pregnancy—Normal
5. Routine general examination
6. Routine gyn examination
7. Back pain/Lumbago
8. Upper respiratory infection
9. Hyperlipidemia
10. Headache
11. Abdominal pain/ NOS
12. Pain in joint
13. Gastroesophageal reflux
14. Asthma
15. Hypothyroidism
16. Pain, general other
17. Allergic rhinitis
18. Cough
19. Malaise, fatigue asthenia, NOS; lethargy; postviral (asthenic) syndrome; tiredness
20. Immunization

Routine infant/child health check is #1 for the second academic year in a row!



## International Opportunities...

You can find a listing of organizations and programs from the University of Arizona College of Medicine Global Health website: <http://www.globalhealth.arizona.edu>

### Faculty Publications

Check out Barbara Eckstein's article in the current issue of American Family Physician: <http://www.aafp.org/afp/2011/0215/p429.html>

### American Family Physician

A peer reviewed journal of the American Academy of Family Physicians  
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#### Primary Care for Refugees

BARBARA ECKSTEIN, MD, MPH, Family and Community Medicine Residency, University of Arizona, Tucson, Arizona

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Over the past decade, at least 600,000 refugees from more than 60 different countries have been resettled in the United States. The personal history of a refugee is often marked by physical and emotional trauma. Although refugees come from many different countries and cultures, their shared pattern of experiences allows for some generalizations to be made about their health care needs and challenges. Before being accepted for resettlement in the United States, all refugees must pass an overseas medical screening examination, the purpose of which is to identify conditions that could result in ineligibility for admission to the United States. Primary care physicians have the opportunity to care for members of this unique population once they resettle. Refugees present to primary care physicians with a variety of health problems, including musculoskeletal and pain issues, mental and social health problems, infectious diseases, and longstanding undiagnosed chronic illnesses. Important infectious diseases to consider in the symptomatic patient include tuberculosis, parasites, and malaria. Health maintenance and immunizations should also be addressed. Language barriers, cross-cultural medicine issues, and low levels of health literacy provide additional challenges to caring for this population. The purpose of this article is to provide primary care physicians with a guide to some of the common issues that arise when caring for refugee patients.

### Rocking Chair Project Home Visit

Dr. Sean Yang doing a home visit with a post-partum mom, father of the baby, and their newborn, as part of our residency program's Rocking Chair Project (RCP). Dr. Yang invited this family to participate in the RCP while providing prenatal care in the Commitment to Underserved People (CUP) clinic. After the delivery, Drs. Sean Yang and Bryan Furst visited the family at their home and report that the family is thriving. Sean even brought along his son, Jonathan, to help him role model and share some of his personal parenting advice.



### New Face in the Residency...

Jessica Hoyer is the new administrative assistant for the Family Medicine residency program. Jessica comes to us from Phoenix with over eight years of medical education experience. She has worked with medical students and residents in multiple specialties at both Maricopa Medical Center and Banner Good Samaritan Medical Center. Jessica recently moved here with her two daughters, Clarice and Scarlett. Jessica can be reached at 694-1607 or at [jhoyer@email.arizona.edu](mailto:jhoyer@email.arizona.edu)

### Chief Residents...

Congratulations are in order! The Chief residents for 2011-2012 will be Drs.



Megan Guffey and Julian Uselman. They are ready to take on the job and they will make excellent liaisons for our residents.

### Lottery - Are you feeling lucky?

The scheduling lottery will be held Thursday, March 3 from 1:30 - 3:00 pm. Come prepared with your preferences for elective and vacation time. You also will select inpatient and maternal and child health rotation blocks. If you can't attend, another resident can represent you or you can call in from an out-of town rotation.

### Congratulations

Megan Guffey has been chosen to be the one resident member of the AAFP's Commission on Public Health and Scientific Activities. The scope of work of the commission includes public health issues and policies, development, endorsement and review of clinical practice guidelines, clinical preventative services recommendations, including immunizations and genomics. Dissemination and implementation of knowledge to practice, health disparities, cultural proficiencies and rural health issues.



The commission is composed of a chair, 18 active members, one resident member, one student member and one chapter executive.

Family Medicine  
Residency  
707 N. Alvernon Way  
Suite 101  
Tucson, AZ 85711

Tel: 520-694-1614  
Fax: 520-694-1428  
E-mail:  
arizpfp@email.arizona.edu



We prepare full-spectrum physicians to provide excellent family-centered, community-responsive care with emphasis on diverse and underserved populations.

Colleen Cagno, MD —  
Program Director

Barbara Eckstein, MD —  
Associate Program Director

## Mark your calendars...

The Residency Faculty Retreat will be May 5 & 6, 2011 at the Tanque Verde Guest Ranch.

Resident Retreat — June 16th at the Starr Pass Resort.

Last Day to Register for the Board Certification Exam is February 28th (cost goes up after.)

Book Money Deadline—Receipts for reimbursement of book purchased must be received by April 15.

Graduation Day for the Class of 2011 — June 26th

## Pearls... November - February

### Speaker/Topic

#### Katherine Aparacio

- B-HCG Diet

#### Colleen Cagno

- Overdosing OTC Meds
- Reasons to Get Influenza Vaccine
- Amsel Diagnostic Criteria for Bacterial Vaginosis
- Emergency Contraception
- Wait and See Rx's for URT Infections
- Meds for COPD & Diabetes in Geriatrics
- Common GYN Issues in Clinic
- Common Respiratory Problems
- Profit vs. Non Profit Hospice Programs
- Approach to Undescended Testis in Male Newborn

#### Barbara Eckstein

- Status in Patients with Elevated LFTs
- FRAX Calculator and Treatment
- Antidepressants
- Prescriber's Letter
- DM Medications
- BPH Medications

#### Carlos Gonzales

- Dia de los Meurto
- Foot Exam
- Warfarin Dosing use 5mg tab
- Coumadin Dosing
- Flat Feet
- Polycystic Ovary Syndrome
- USPSTF Screening for Illicit Drug Use Recommendations
- USPSTF Visual Acuity Screens in Older Adults



#### Patricia Lebensohn

- Race in Medical History
- Probiotics to Treat Infant Colic
- Physical Exam for Obese Patients

#### Craig McClure

- Pneumothorax
- Diverticulitis Management
- Intro to Abnormal Uterine Bleed
- Management of Colon Polyp F/U
- Community Acquired Pneumonia
- Pneumococcal Vaccine
- Management of GBS and Newborn with Antibiotic Prophylaxis
- Vaginal Infections and Premature Labor
- Management of GBS in Infant with Appropriate Intrapartum Antibiotic
- Chronic Kidney Disease
- Barrett's Esophagus

#### Jessie Pettit

- Pregnancy Weight Gain
- Postpartum Thyroiditis
- Bisphosphonates: How do they measure up?
- Lipids in Pregnancy

#### Siwik

- Screening for Depression in Adults
- American Academy of Neurology Guidelines on Evaluating Driving Risk in Patients with Dementia
- Kawasaki's Disease
- Hip Pain without Injury
- Constipation in Children
- Management Options for Early Incomplete Miscarriage
- Recommendations on Daily ASA Use in Patients with DM